

**CATCH A LIFT FUND (CAL) IS A PROGRAM THAT WAS FOUNDED IN MEMORY OF CHRIS COFFLAND, A U.S. ARMY CPL. WHO LOST HIS LIFE IN 2009 WHILE SERVING IN AFGHANISTAN. THE PROGRAM FOCUSES ON PROVIDING THE RESOURCES TO POST 9/11 VETERANS TO REGAIN THEIR CONFIDENCE, MENTAL AND PHYSICAL HEALTH. THIS IS DONE BY GUIDING VETERANS TO NEARBY GYMS, PEER SUPPORT GROUPS, AND NUTRITIONAL PROGRAMS. THE PROGRAM HAS EXPANDED TO PROVIDE THESE SERVICES TO BOTH MEN AND WOMEN WHO HAVE SERVED IN THE UNITED STATES MILITARY. CLICK THE LINK BELOW TO FIND OUT MORE ABOUT THE CATCH A LIFT FUND.**

**[CATCH A LIFT INFORMATIONAL PAGE](#)**



**CATCH A LIFT FUND**  
FITNESS FOR VETERANS

### **CORE VALUES**

- 1. NUTRITION**
- 2. FITNESS**
- 3. EMOTIONAL WELLNESS**
- 4. COMMUNITY**



**ALL INFORMATION:**  
**[HTTPS://CATCHALIFTFUND.ORG/](https://catchaliftfund.org/)**